FLAVOR AND SPICE

AND ALL THINGS NICE

INTRODUCTION

My dear Friends:

"Flavor and Spice, and All Things Nice"! What a fascinating game it is—to stock a pantry shelf with flavor and spice and then to set about preparing "all things nice."

That you may do this with the utmost economy of time, labor and cost, and still be assured of deliciously appetizing results, we have prepared for you this small cook book "Flavor and Spice."

You will find that it contains a number of master recipes each of which is followed by a series of Bee Brand Variations. These variations are enticingly different, and yet, having once tried the master recipe which is given first, you will find they are easy to make.

All of these recipes have been thoroughly tested in our experimental kitchen and have been chosen because they are approved favorites. We are happy, therefore, to have this opportunity of passing them on and sharing them with you.

Success to you in using them and please do not hesitate to get in touch with us should there be any other way in which we can be helpful at any time.

Very sincerely yours,

Eleanor Howe

Director Home Economics Department
McCORMICK & CO., INC.
BALTIMORE, MD.

Bee Brand

STANDARD OF QUALITY
THE WHOLE WORLD OVER

Tested and Approved
by the
Bureau of Foods, Sanitation and Health
GOOD HOUSEKEEPING MAGAZINE

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CAKES

INEXPENSIVE FRUIT CAKE

½ cup butter
1 cup brown sugar
2 eggs
2 cups flour
½ teaspoon soda
¼ teaspoon salt
2 teaspoons baking powder
1 teaspoon Bee Brand Cinnamon
½ teaspoon Bee Brand Nutmeg
1 teaspoon Bee Brand Allspice
¾ cup sour milk
½ cup diced citron
1 cup raisins
1 cup nut meats
1 teaspoon Bee Brand Vanilla Extract

Cream butter, add sifted sugar and cream thoroughly. Add eggs (well beaten). Mix and sift together all dry ingredients, except ¼ cup of flour. Add flour mixture and sour milk alternately, beginning with the flour mixture. Flour citron, raisins, and nuts with the ¼ cup of flour which was saved separately and add to the cake mixture. Add Bee Brand Vanilla.

Bake as a loaf cake, 35-40 minutes at 350° F. if oven has heat control, or in a moderate oven.

BEE BRAND VARIATIONS { **Light Fruit Cake** / **Black Walnut Cake** / **Currant Cake**

1—LIGHT FRUIT CAKE: Leave out spices, substitute 1 teaspoon of Bee Brand Cherry Flavor for the Vanilla and add ½ cup of diced candied cherries to the above ingredients.

2—BLACK WALNUT CAKE: Substitute 1 teaspoon of Bee Brand Black Walnut Flavor for the Vanilla Extract and frost with Caramel Nut Icing.

3—CURRANT CAKE: Substitute 1 teaspoon of Bee Brand Rum Flavor for the Vanilla Extract, also substitute 1 cup of currants for the cup of raisins.

LADY BALTIMORE CAKE

1 cup butter
2 cups sugar
3½ cups pastry flour
¼ teaspoon salt
2 teaspoons baking powder
1 cup milk
6 egg whites
1 teaspoon Bee Brand Vanilla Extract

Cream butter and add sugar gradually. Mix and sift all dry ingredients and add alternately with the milk, beginning with the flour mixture. Beat the egg whites until stiff and fold them in gently. Add Vanilla Extract. Bake in three 7-inch layer cake pans at a temperature of 360° F. (moderate oven) for about 25 minutes. (See Cake Frosting Section, for Lady Baltimore Cake Icing.)

BEE BRAND VARIATIONS
- **Valentine Cakes**
- **Pistachio Cakes**
- **Silver Cake**

1—VALENTINE CAKES: Substitute Bee Brand Strawberry Flavor for Vanilla Extract, bake in a thin sheet and cut in heart shapes. Frost with pink boiled icing and decorate with tiny candy hearts.

2—PISTACHIO CAKES: Substitute 1 teaspoon of Bee Brand Black Walnut Flavor for the Vanilla Extract and bake in tiny muffin pans. When cool, cut out triangle from center and fill this hollow with Pistachio Nut Frosting.

3—SILVER CAKE: Substitute 1 teaspoon of Bee Brand Peach Flavor for the Vanilla Extract and bake as a loaf cake. Frost with Peach Icing.

ANGEL FOOD CAKE

1¼ cups egg whites
½ teaspoon salt
¾ teaspoon Bee Brand Cream of Tartar
1⅓ cups sugar
1 cup flour
1 teaspoon Bee Brand Almond Extract

Add salt to the egg whites and beat until foamy; then add Cream of Tartar and beat until the egg whites are stiff but not dry. Add sifted sugar gradually; then fold in the flour carefully. Add the Flavoring Extract and bake in a tube pan in a slow oven (300° F.) for approximately 1¼ hours.

BEE BRAND VARIATIONS
- **Black Walnut Angel Cake**
- **Orange Angel Cake**
- **Feather Cake**

1—BLACK WALNUT ANGEL CAKE: Substitute 1 teaspoon of Bee Brand Black Walnut Flavor for the Almond Extract. Frost with Lady Baltimore Cake Icing.

2—ORANGE ANGEL CAKE: Substitute 1 teaspoon of Bee Brand Orange Extract for the Almond, frost with boiled icing, garnish with individual sections of orange.

3—FEATHER CAKE: Substitute 1 teaspoon of Bee Brand Lemon Extract for the Almond. After icing the cake, garnish with blanched almonds.

BEE BRAND VANILLA
Use Less—Flavors More—Mellow with Age

BEE BRAND SPICE CAKE

½ cup butter
1 cup sugar
2 eggs
1¾ cups flour
3 teaspoons baking powder
¼ teaspoon salt
3 teaspoons Bee Brand Cake and Pastry Spice
⅔ cup milk
1 teaspoon Bee Brand Vanilla Extract

Cream butter and add sugar gradually. Add well beaten egg yolks, and mix thoroughly.

Mix and sift all dry ingredients and add alternately with the milk, beginning with the flour mixture. Add Bee Brand Vanilla Extract and fold in the beaten whites of the eggs.

Bake as a loaf cake at a temperature of 350° F. if oven has heat control, or in a moderate oven for 35-40 minutes.

BEE BRAND VARIATIONS { **Cherry Cake** / **Banana Cake** / **Nut Spice Cake**

1—CHERRY CAKE: Leave out Cake and Pastry Spice, substitute 1 teaspoon Bee Brand Cherry Flavor for Vanilla Extract, frost with boiled icing and decorate with maraschino cherries.

2—BANANA CAKE: Leave out Cake and Pastry Spice, substitute 1 teaspoon Bee Brand Banana Flavor for Vanilla, frost with boiled icing and decorate with sliced bananas.

3—NUT SPICE CAKE: Substitute 1 teaspoon Bee Brand Almond Extract for Vanilla Extract and add ¾ cup of broken nut meats.

AFTERNOON TEA CAKES

⅓ cup butter
⅔ cup sugar
2 eggs (small)
⅓ cup water
1⅔ cups flour
¼ teaspoon salt
1½ teaspoons baking powder
1 teaspoon Bee Brand Lemon Extract

Cream butter and add sugar gradually. Add eggs (well beaten) and mix thoroughly.

Mix and sift all dry ingredients and add alternately with the water, beginning with the flour mixture. Add Bee Brand Lemon Extract.

Bake in tiny individual muffin pans (well greased) at 365° F. or in a moderate oven for approximately 15 minutes.

BEE BRAND VARIATIONS { **Orange Favorites** / **Cocoanut Tea Cakes** / **Raspberry Delights**

1—ORANGE FAVORITES: Substitute 1 teaspoon Bee Brand Orange Extract for the Lemon Extract and frost with Orange Icing.

2—COCOANUT TEA CAKES: Substitute 1 teaspoon of Bee Brand Strawberry Extract for the Lemon Extract. Frost with boiled icing and sprinkle with grated cocoanut.

3—RASPBERRY DELIGHTS: Substitute 1 teaspoon of Bee Brand Raspberry Flavor for the Lemon Extract and frost with Marshmallow icing.

BEE BRAND CAKE & PASTRY SPICE
Ready for Use. 10 Spices Scientifically Combined

CANDIES

STRAWBERRY PATTIES

1½ cups sugar
1 cup water
1½ tablespoons light corn syrup
¼ teaspoon salt
1 teaspoon Bee Brand Strawberry Flavor
Bee Brand Red Pure Food Color

Place sugar, water, corn syrup and salt in a saucepan and cook, stirring only until the sugar is thoroughly dissolved. Remove from flame when the mixture has reached a temperature of 236° F. (soft ball stage if the cold water test is used).

Pour mixture immediately onto a cold wet platter. Cool to 110° F. or until the fondant is only lukewarm. Beat until the mass becomes creamy and begins to crystallize; then add Strawberry Flavor and Red Color. Knead until the fondant is entirely smooth.

NOTE: Fondant should be allowed to ripen and should therefore be placed in a covered glass for a period of several days before it is used. When ready to use, melt and drop in pattie form from the tip end of a spoon.

BEE BRAND VARIATIONS { **After Dinner Mints** / **Cocoanut Kisses** / **Maple Nut Favorite**

1—AFTER DINNER MINTS: Substitute ½ teaspoon of Bee Brand Peppermint Extract or Wintergreen Extract for the Strawberry Flavor and color either pink or green with Bee Brand Pure Food Colors. Melt the fondant in a double boiler and drop the mints on buttered wax paper.

2—COCOANUT KISSES: Substitute ½ teaspoon of Bee Brand Raspberry Flavor for the Strawberry Flavor, melt fondant and add ½ cup of grated cocoanut. Drop by spoonfuls on buttered wax paper.

3—MAPLE NUT FAVORITE: Substitute ½ teaspoon of Bee Brand Maple Flavor for the Strawberry Flavor. Leave out color and add ½ cup of chopped nuts just before dropping on buttered wax paper.

TEMPERATURE CHART FOR CANDY MAKING

Type of Candy	*Temp.*	*Test in cold water*
Fudge	236°F.	Soft ball
Fondant	240°F.	Soft ball
Caramels	248°F.	Firm ball
Taffy	270°F.	Hard ball
Brittles	310°F.	Hard crack
Clear hard candies	310°F.	Hard crack

SPICED NUTS

1½ cups confectioners sugar
⅜ cup cornstarch
1 teaspoon salt
6 tablespoons Bee Brand Cinnamon
1½ teaspoons Bee Brand Allspice
¾ tablespoon Bee Brand Ground Ginger
¾ teaspoon Bee Brand Ground Nutmeg
2 tablespoons cold water
1 egg white
½ pound nut meats

Sift the sugar, cornstarch and Bee Brand Spices together three times, and place in a shallow pan. Add cold water to the egg white and beat slightly. Dip the nut meats in the egg and water mixture and drain; then drop them separately into the spiced sugar mixture. Roll them lightly in this mixture and then place the pan containing both the nuts and the spiced mixture in the oven. Bake in a very slow oven (250° F.) for two or three hours.

Remove from oven and sift the sugar from the nuts. After cooling, the nut meats will be crisp and spicy.

BEE BRAND STRAWBERRY FLAVOR
Typical of Fancy Flavors—Used for Variety

CANDIES

BEE BRAND FAVORITE

1½ cups sugar
½ cup cream
¾ cup milk
¾ tablespoon light corn syrup
¼ teaspoon salt
¾ teaspoon Bee Brand Orange Extract
¾ cup nut meats

Place all of the above ingredients except the nut meats and Orange Extract in a saucepan and cook, stirring constantly, to a temperature of 236° F. (soft ball stage).

Remove from fire and cool the candy to 110° F. (lukewarm). Then add the Orange Extract and beat until the mass becomes creamy. Add the nut meats and pour into buttered pans. When partially cooled mark into squares.

BEE BRAND VARIATIONS { **Marshmallow Favorites** / **Cherry Delight** / **Fruit Creams**

1—MARSHMALLOW FAVORITES: Stir one cup of cut marshmallows into the mixture just before turning it into the pans and substitute ½ teaspoon Banana Flavor for the Orange Extract.

2—CHERRY DELIGHT: Stir ½ cup of diced candied cherries into the mixture just before turning it into the pans and substitute one teaspoon Bee Brand Cherry Flavor for the Orange Extract.

3—FRUIT CREAMS: Stir ½ cup of chopped figs and ½ cup of chopped dates into the mixture just before turning into the pans and substitute ½ teaspoon of Bee Brand Black Walnut Flavor for the Orange Extract.

BLACK WALNUT DIVINITY

2½ cups sugar
¾ cup light corn syrup
½ cup water
¼ teaspoon salt
2 egg whites
¾ teaspoon Bee Brand Black Walnut Extract
2 drops Bee Brand Red Pure Food Color

Combine sugar, syrup, water and salt. Cook this mixture to 265° F. (hard ball stage), taking care to wipe away all crystals which may form, with a dampened cloth wrapped around a fork. Beat the egg whites until stiff and pour the syrup over them, beating constantly. Add Bee Brand Black Walnut Extract and Red Pure Food Color. Continue beating until the mixture will hold its shape when tossed over the back of a spoon. Drop by teaspoonfuls on waxed paper.

BEE BRAND VARIATIONS { **Cocoanut Puff** / **Maple Divinity** / **Rum Sea Foam**

1—COCOANUT PUFF: Substitute ¾ teaspoon of Bee Brand Almond Extract for the Black Walnut and add ½ cup shredded cocoanut just before pouring into the pan.

2—MAPLE DIVINITY: Substitute ½ teaspoon of Bee Brand Maple for the Black Walnut and leave out the Pure Food Color.

3—RUM SEA FOAM: Substitute ½ teaspoon of Bee Brand Rum Flavor for the Black Walnut and proceed as directed above.

TABLE OF MEASUREMENTS USEFUL IN CANDY MAKING

2 cups butter . . . . . 1 lb.
2 cups candied cherries . . . . . 1 lb.
3⅓ cups raisins . . . . . 1 lb.
2 cups granulated sugar . . . . . 1 lb.
3 cups confectioner's sugar . . 1 lb.
2⅔ cups brown sugar . . . . . 1 lb.
4¼ cups shelled pecans . . . . . 1 lb.
3 teaspoons . . . . . 1 tablespoon
12 tablespoons (liquid measure) . 1 cup
16 tablespoons (dry measure) . . . 1 cup

BEE BRAND ORANGE EXTRACT
Delicate as the Fragrance of Orange Blossoms

COOKIES

DROP CAKES

¼ cup butter
½ cup sugar
2 eggs
1 tablespoon milk
1½ cups flour
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon Bee Brand Cinnamon
1 cup chopped raisins
1 teaspoon Bee Brand Vanilla Extract

Cream butter and add sugar gradually. Add eggs (well beaten) and mix thoroughly. Mix and sift all dry ingredients and add alternately with the milk beginning with the flour mixture. Stir in floured raisins and add Vanilla Extract. Drop from a teaspoon on a greased baking sheet and place a raisin on the top of each one. Bake in a moderate oven or at 375° F. for 12-15 minutes.

BEE BRAND VARIATIONS { **Chocolate Cookies** / **Ginger Nut Cakes** / **Date Favorite**

1—CHOCOLATE COOKIES: Add 1 square of melted chocolate to the dough mixture. Leave out the raisins and Cinnamon and substitute 1 teaspoon of Bee Brand Lemon Extract for the Vanilla Extract.

2—GINGER NUT CAKES: Add 2 teaspoons of Bee Brand Ginger to the dry ingredients as given below. Substitute 1 cup of broken nut meats for the raisins.

3—DATE FAVORITE: Substitute 1 cup of chopped dates for the raisins. Also substitute 1 teaspoon of Bee Brand Almond Extract for the Vanilla Extract.

LEMON COOKIES

⅔ cup butter
1 cup sugar
2 eggs
4 cups of flour
2 teaspoons baking powder
½ teaspoon salt
⅓ cup milk
1 teaspoon Bee Brand Lemon Extract

Cream butter and add sugar gradually. Add eggs (well beaten) and mix thoroughly.

Mix and sift all dry ingredients and add alternately with the milk beginning with the flour mixture. Add Bee Brand Lemon Extract. Roll and cut in any desired cooky shape. Bake in a moderate oven or at 365° F. for 10-12 minutes.

BEE BRAND VARIATIONS { **Spice Wafers** / **Black Walnut Cookies** / **Cherry Favorites**

1—SPICE WAFERS: Add 1 teaspoon Bee Brand Cinnamon, ½ teaspoon Bee Brand Cloves, ½ teaspoon Bee Brand Allspice and ¼ teaspoon of Bee Brand Nutmeg to the dry ingredients and proceed as directed.

2—BLACK WALNUT COOKIES: Substitute 1 teaspoon of Bee Brand Black Walnut Flavoring for the Lemon Extract. After the cookies are cut out—place one pecan nut meat in the center of each cookie and bake.

3—CHERRY FAVORITES: Substitute 1 teaspoon of Bee Brand Cherry Flavor for the Lemon Extract and garnish cookies with a tiny piece of candied cherry just before baking.

BEE BRAND CINNAMON
Absolutely Best by Test—Once Tried—Always Demanded

COOKIES

GINGERBREAD

¼ cup butter or butter substitute
½ cup sugar
1 egg
½ cup molasses
½ cup sour milk
1¾ cups flour
½ teaspoon soda
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon Bee Brand Cinnamon
1 teaspoon Bee Brand Ginger
½ teaspoon Bee Brand Nutmeg

Cream butter and add sugar gradually. Add egg (well beaten). Mix and sift thoroughly all dry ingredients and add alternately with the molasses and sour milk (thoroughly blended together).

Bake as a loaf cake at temperature of 350° F. if oven has heat control, or in a moderate oven for 35-40 minutes.

BEE BRAND VARIATIONS { **Nut Gingerbread** / **Raisin Gingerbread** / **Thanksgiving Gingerbread**

1—NUT GINGERBREAD: Add ½ teaspoon of Bee Brand Almond Extract to the above recipe. Place one-half of the dough mixture in the greased loaf pan, and sprinkle ½ cup of broken nut meats on this mixture. Then add the remaining dough mixture and bake as directed.

2—RAISIN GINGERBREAD: Add ½ teaspoon of Bee Brand Black Walnut Flavor together with 1 cup of floured seedless raisins to the gingerbread recipe as given above.

3—THANKSGIVING GINGERBREAD: Add ½ teaspoon of Bee Brand Vanilla Extract together with ½ cup of floured currants and ½ cup of floured citron (diced) to the original gingerbread recipe.

SURPRISE DOUGHNUTS

4 eggs
1 cup sugar
4 tablespoons melted shortening
2½-3 cups pastry flour
½ teaspoon salt
3 teaspoons baking powder
½ teaspoon Bee Brand Nutmeg
1 teaspoon Bee Brand Vanilla Extract

Beat the eggs until very light. Add sugar slowly and continue beating with the Dover egg beater until the mixture is foamy. Add melted shortening and Flavoring Extract. Mix and sift 2 cups of flour and all other dry ingredients and fold in the egg mixture. Add just enough more flour to make a soft dough which can be handled. Place on lightly floured board and roll dough out to ¾ inch in thickness. Fry in deep fat (350-375° F.) and drain on unglazed paper.

BEE BRAND VARIATIONS { **Nut Doughnuts** / **Orange Doughnuts** / **Spice Doughnuts**

1—NUT DOUGHNUTS: Substitute 1 teaspoon of Bee Brand Black Walnut Flavor for the Vanilla Extract. Leave out the Nutmeg and add 1 cup of chopped nuts just after adding the flour.

2—ORANGE DOUGHNUTS: Substitute 1 teaspoon of Bee Brand Orange Extract and ½ teaspoon of Lemon for the Vanilla Extract. Add 1 tablespoon of grated orange rind and leave out the Nutmeg.

3—SPICE DOUGHNUTS: Substitute 3 teaspoons of Bee Brand Cake and Pastry Spice for the Nutmeg.

BEE BRAND GINGER
Scientifically Powdered—thus Retains its Original Spiciness

Steps in Preparing Icing

Assemble Ingredients

Beat Syrup into egg whites

Measure Bee Brand Vanilla Extract

Measure Bee Brand Pure Food Color—Drop by Drop

Test consistency of Frosting

FROSTINGS

BOILED ICING

2¼ cups sugar
½ cup light corn syrup
¼ teaspoon salt
½ cup water
2 egg whites
1 teaspoon Bee Brand Vanilla Extract
Bee Brand Pure Food Color

Cook sugar, corn syrup, salt and water together until the temperature 248° F. is reached or to the firm ball stage. Pour the hot syrup slowly into the well-beaten egg whites while beating constantly. Add Bee Brand Vanilla Extract and continue beating until the frosting will hold its shape when tossed over the back of a spoon.

NOTE: This frosting can be heaped up and swirled or it can be put on the cake with a pastry tube. Should it become too stiff to manipulate easily, a small amount of hot water may be added.

BEE BRAND VARIATIONS
Peppermint Chocolate Icing
Lady Baltimore Filling
Marshmallow Icing

1—PEPPERMINT CHOCOLATE ICING: Substitute ½ teaspoon of Bee Brand Peppermint Extract for the Vanilla. Ice cake and brush this icing with a thin coating of melted chocolate.

2—LADY BALTIMORE FILLING: Add ⅔ cup of raisins, ⅔ cup of pecan nut meats (broken), and 3 shredded figs to the recipe as given above when the frosting begins to hold its shape.

3—MARSHMALLOW ICING: Substitute 1 teaspoon of Bee Brand Lemon Extract for the Vanilla and add 1 cup of quartered marshmallows immediately after adding the syrup to the egg white. Tint a delicate pink with Bee Brand Pure Food Color.

BUTTER FROSTING

4 tablespoons butter
2 cups powdered sugar
milk or cream
½ teaspoon Bee Brand Black Walnut Flavor

Cream butter thoroughly and add powdered sugar while beating constantly. Add liquid until the desired consistency is reached, then add Bee Brand Black Walnut Flavor and Bee Brand Pure Food Color.

BEE BRAND VARIATIONS
Pistachio Nut Frosting
Lemon Icing
Pineapple Delight Icing

1—PISTACHIO NUT FROSTING: Substitute ½ teaspoon of Bee Brand Almond Extract for the Black Walnut. Tint light green with Bee Brand Pure Food Color. After icing the cake, sprinkle with chopped Pistachio nut meats.

2—LEMON ICING: Substitute ½ teaspoon of Bee Brand Lemon Extract for the Black Walnut and color a light tint of yellow with Bee Brand Pure Food Color.

3—PINEAPPLE DELIGHT ICING: Substitute ½ teaspoon of Bee Brand Pineapple Flavor for the Black Walnut and add ½ cup of shredded candied pineapple to the icing before spreading.

BEE BRAND FLAVORING EXTRACTS
Noted for Quality—the Whole World Over

FROSTINGS

FUDGE FROSTING

2 squares chocolate
2 cups sugar
2 tablespoons white corn syrup
¼ teaspoon salt
⅔ cup cream
1½ tablespoons butter
1 teaspoon Bee Brand Vanilla Extract

Break chocolate into small pieces and mix with the sugar, corn syrup, salt and cream. Cook to a temperature of 236° F. if using a candy thermometer or to the soft ball stage. Remove from flame and add the butter without stirring. Allow the mixture to cool to 110° F. or until it is lukewarm. Then add the Vanilla Extract and beat until the frosting is creamy and will hold its shape when tossed over the back of a spoon. Should the frosting become too thick to spread easily it can be thinned with a small amount of cream.

BEE BRAND VARIATIONS
- **Maple Cream Frosting**
- **Peach Icing**
- **Spice Frosting**

1—MAPLE CREAM FROSTING: Leave out chocolate, beat until frosting is creamy, then add ½ teaspoon Bee Brand Maple Flavor.

2—PEACH ICING: Leave out chocolate. Add 1 teaspoon of Bee Brand Peach Flavoring just before beating the frosting.

3—SPICE FROSTING: Omit the chocolate. Add ½ teaspoon of Bee Brand Cinnamon Extract just before beating the frosting.

CREAM FILLING

½ cup sugar
4 tablespoons flour
¼ teaspoon salt
2 eggs
1½ cups scalded milk
½ teaspoon Bee Brand Almond Extract

Mix all dry ingredients and add the eggs which have been slightly beaten. Pour the mixture gradually into the scalded milk. Cook 10 minutes in a double boiler stirring constantly until the mixture thickens and occasionally thereafter. Cool, and add the Bee Brand Almond Extract.

BEE BRAND VARIATIONS
- **Chocolate Filling**
- **Maple Nut Filling**
- **Butterscotch Filling**

1—CHOCOLATE FILLING: Melt one square of chocolate over hot water. Add this to the cream filling just before removing from the double boiler and substitute one teaspoon of Bee Brand Lemon Extract for the Almond Extract.

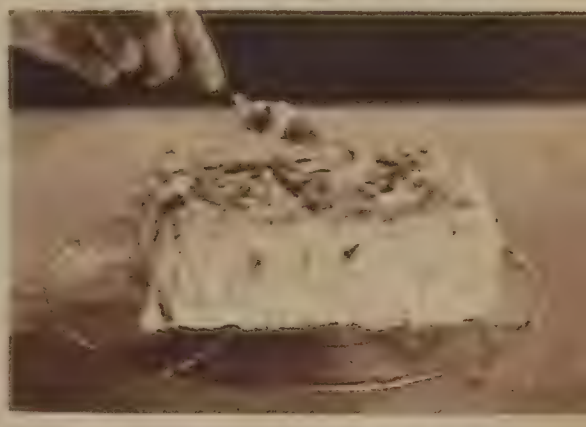
2—MAPLE NUT FILLING: Substitute ½ teaspoon of Bee Brand Maple Flavor for the Almond Extract. Add ½ cup of chopped meats after removing from the flame.

3—BUTTERSCOTCH FILLING: Substitute ½ cup of brown sugar for the white sugar, and 1 teaspoon of Bee Brand Vanilla Extract for the Almond Extract. Add 2 tablespoons of melted butter just before removing the mixture from flame.

BEE BRAND PURE FOOD COLORS
Easy to Measure—Easy to Mix—Economical

How to Decorate a Cake

Spread Frosting Over Cake



Decorate with swirling motion of spoon

PUDDINGS

PLUM PUDDING

½ pound chopped suet
¼ pound diced citron
1 pound raisins
½ pound currants
1 cup flour
1 cup brown sugar
1½ cups crumbs
1 tablespoon Bee Brand Cake and Pastry Spice
4 eggs
1 teaspoon Bee Brand Rum Flavor

Mix the suet and fruits together carefully and dredge with part of the flour. Mix the sugar, remainder of flour, crumbs, Rum Flavor and Spice with well-beaten eggs. Combine the two mixtures and mix the whole thoroughly. Place in a buttered mold and steam for five hours. Serve with Hard Sauce.

HARD SAUCE

⅔ cup butter
2 cups powdered sugar
¾ teaspoon Bee Brand Rum Flavor

Cream butter, and add the sifted sugar slowly. Mix thoroughly and add Bee Brand Rum Flavor.

POOR ECONOMY

THE crowning success of cookery is the achievement of an enticing flavor in foods. If a housewife were baking a cake, almost instinctively she would insist on purchasing the finest butter, eggs, milk and all the other ingredients which a particular recipe might require. However, when this same housewife purchases flavoring extract, she is very likely to order a "bottle of vanilla" and give the matter no further consideration. The proportionate cost of the flavoring extract which is used in cake never exceeds 2 to 5 per cent of the cost of all the other ingredients of the recipe. Yet, a truly delicious flavor is often entirely lost because the housewife uses an imitation or a pure extract of inferior quality. A wise purchaser will know that Bee Brand Vanilla Extract is pure and is noted for its "highest quality," and mellow, delicious flavor. She will then insist upon purchasing only this particular brand and will, therefore, not ruin a large amount of first class food material with an inferior flavoring.

BEE BRAND VANILLA
Made from Selected Mexican Beans—The World's Favorite

DESSERTS

PINEAPPLE GELATINE

1 tablespoon Bee Brand Gelatine
¼ cup cold water
1½ cups pineapple juice
⅓ cup sugar
½ teaspoon Bee Brand Lemon Extract
3 tablespoons lemon juice
⅛ teaspoon salt

Soak Gelatine in ¼ cup water for five minutes. Make a syrup of the pineapple juice and sugar and bring to the boiling point. Pour this mixture over the Gelatine. Add Lemon Extract, lemon juice and salt and mix thoroughly. Pour into molds, which have been dipped in cold water and chill.

BEE BRAND VARIATIONS { **Lemon Bavarian Cream** / **Orange Whip** / **Strawberry Sponge**

1—LEMON BAVARIAN CREAM: Substitute ½ cup of whipping cream and 1 cup of water for the pineapple juice. Make up gelatine as directed and when it begins to congeal, beat the cream and fold it into the mixture.

2—ORANGE WHIP: Substitute 1 cup of orange juice and ½ cup of water for the pineapple juice, also substitute 1 teaspoon of Bee Brand Orange Extract for the Lemon. Combine as directed but when the mixture begins to congeal, beat it thoroughly with an egg beater. Then mold and chill.

3—STRAWBERRY SPONGE: Substitute 1½ cups of canned strawberry juice for the pineapple juice, also substitute ½ teaspoon of Bee Brand Strawberry Flavor for the Lemon Extract. Add 4 drops of Bee Brand Red Pure Food Color. When the mixture begins to congeal, add the beaten whites of 2 eggs. Mold and chill.

TAPIOCA PUDDING

1 cup water
1 cup fruit juice
¼ cup Bee Brand Granulated Tapioca
¼ cup sugar
¼ teaspoon salt
whites of 2 eggs

Heat water and fruit juice in a double boiler, then stir in the Tapioca and cook ten minutes. Add sugar and salt. Fold in beaten whites of eggs; remove from fire and turn into wet molds to set. Serve with a custard sauce.

BEE BRAND VARIATIONS { **Date Favorite** / **Tapioca Nut Pudding** / **Marshmallow Fluff**

1—DATE FAVORITE: Substitute 2 cups milk for the fruit juice and water. Add ½ teaspoon of Bee Brand Vanilla Extract and ½ cup chopped dates just after removing the mixture from the fire.

2—TAPIOCA NUT PUDDING: Substitute 2 cups of milk for the fruit juice and water. Add ½ teaspoon of Bee Brand Black Walnut Flavor and ½ cup of chopped nut meats just after removing mixture from the fire.

3—MARSHMALLOW FLUFF: Substitute 2 cups milk for the fruit juice. Just before removing the mixture from fire add 1 cup diced marshmallows, ½ teaspoon Bee Brand Lemon Extract and 1 tablespoon lemon juice.

BEE BRAND GELATINE

Crystal Clear—Odorless—Pure—Economical to Use

HOT BREADS

CINNAMON ROLLS

1 cup scalded milk
½ teaspoon salt
2 tablespoons sugar
4 tablespoons shortening
1 yeast cake (soften in ¼ cup luke warm water)
3-4 cups bread flour
melted butter
Bee Brand Cinnamon
granulated sugar

Scald the milk and add sugar, salt and shortening to the hot liquid. Cool until it is lukewarm and add the softened yeast. Add a sufficient amount of flour to handle as a dough mixture. Knead thoroughly and then allow the dough to rise until it trebles its size. Fold under lightly and allow the mass to rise a second time. When light, roll into a sheet ½ inch in thickness. Spread with melted butter and sprinkle with Bee Brand Cinnamon and granulated sugar. Roll like a jelly roll and cut in slices one inch in width. Place on a well greased baking sheet and allow to rise until light again. Bake in a hot oven (400° F.) about twenty minutes.

BEE BRAND VARIATIONS — **Butterscotch Rolls**, **Spiced Hot Cross Buns**

1—Butterscotch Rolls: Roll out dough and spread with melted butter and brown sugar. Add a sprinkling of Bee Brand Cinnamon and proceed as for Cinnamon Rolls. Put in baking pans in which a generous portion of melted butter and brown sugar has been placed. Bake as directed above.

2—Spiced Hot Cross Buns: Add ½ cup currants together with 1 teaspoon of Bee Brand Cinnamon and ½ teaspoon of Bee Brand Allspice to the dough mixture. Form into round buns and make a cross on each one with a sharp knife just before baking.

WAFFLES

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 cup milk
2 eggs
⅓ cup melted butter

Mix and sift all dry ingredients. Beat egg yolks thoroughly and add milk to them. Stir the milk mixture into the dry ingredients. Add melted butter and fold in the well beaten egg whites.

BEE BRAND VARIATIONS — **Spiced Waffles**, **Pecan Waffles**, **Waffles—A la Bee Brand**

1—Spiced Waffles: Add ¼ cup of brown sugar together with 1 teaspoon of Bee Brand Cinnamon, ½ teaspoon Bee Brand Allspice and ¼ teaspoon of Bee Brand Nutmeg to the dry ingredients and proceed as directed.

2—Pecan Waffles: Add ½ cup of chopped pecan nut meats together with one teaspoon of Bee Brand Cinnamon to the dry ingredients. Proceed as directed.

3—Waffles—A la Bee Brand: Make a syrup of 2 cups of sugar, 1 cup of water, 2 tablespoons white corn syrup and ½ teaspoon Bee Brand Maple Flavor. Boil one minute and serve with hot crispy waffles.

BEE BRAND MAPLE
Make Your Own Maple Syrup—You'll Like it Better

HOT BREADS

CHEESE BISCUITS

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
¼ teaspoon Banquet Paprika
4 tablespoons shortening
½ cup grated cheese
⅔ cup milk
2 teaspoons McCormick's Pure Prepared Mustard

Mix and sift flour, baking powder, salt and Paprika. Cut in the shortening and add the grated cheese. Add milk and McCormick's "English Style" Mustard (Prepared) and work in lightly with a fork. Toss on a floured board, pat and roll dough lightly to ½ inch in thickness. Shape with a biscuit cutter and bake in a hot oven (450°-465° F.)—12 to 15 minutes.

BEE BRAND VARIATIONS { **Date Biscuits** / **Cinnamon Rolls** / **Nut Biscuits**

1—Date Biscuits: Leave out the grated cheese, Prepared Mustard and Banquet Paprika. Add ½ cup of chopped dates, together with 1 teaspoon of Bee Brand Cinnamon.

2—Cinnamon Rolls: Leave out the grated cheese, Prepared Mustard and Banquet Paprika. After rolling out the biscuit mixture, spread it generously with melted butter. Then add a sprinkle of brown sugar and Bee Brand Cinnamon. Roll up like a jelly roll, cut in 1 inch slices and bake as directed for cheese biscuits.

3—Nut Biscuits: Leave out the grated cheese, Prepared Mustard and Banquet Paprika. Add ½ cup broken nut meats and 1 teaspoon of Bee Brand Vanilla. Bake as directed.

DATE MUFFINS

¼ cup butter
¼ cup sugar
1 egg
2⅔ cups flour
4 teaspoons baking powder
½ teaspoon salt
1 cup milk
1 cup diced dates
1 teaspoon Bee Brand Cinnamon

Cream butter, and add sugar gradually. Add egg, well beaten, and mix thoroughly. Mix and sift all dry ingredients, reserving ¼ cup of flour to be mixed with the dates. Add dry ingredients and milk alternately beginning with the milk. Add dates. Place in greased muffin pans and bake at 375° F. or in a moderate oven.

BEE BRAND VARIATIONS { **Blueberry Muffins** / **Orange Muffins** / **Nut Muffins**

1—Blueberry Muffins: Add 1 teaspoon of Bee Brand Vanilla Extract to the above recipe and substitute 1 cup of blueberries for the dates.

2—Orange Muffins: Add 1 teaspoon of Bee Brand Orange Extract and ½ teaspoon of Bee Brand Lemon Extract. Leave out the dates and add 1 teaspoon of grated orange rind.

3—Nut Muffins: Add ½ teaspoon of Bee Brand Black Walnut Flavor and substitute 1 cup of chopped nut meats for the dates.

McCORMICK'S "ENGLISH STYLE"
PURE PREPARED MUSTARD
"Smoother than Velvet"

ICE CREAM

PEACH SHERBET

1½ cups evaporated milk
1 pint crushed peaches
1 cup sugar
⅛ teaspoon salt
1 cup water
2 tablespoons lemon juice
1 teaspoon Bee Brand Peach Flavor

Chill the evaporated milk. Mix the crushed peaches thoroughly with the sugar, salt, water, lemon juice and Bee Brand Peach Flavor. Add this mixture slowly to the milk. Freeze as directed under Maple Ice Cream. If using a mechanical refrigerator, stir the mixture from time to time after it begins to freeze.

BEE BRAND VARIATIONS { **Pineapple Sherbet** / **Banana Sherbet** / **Red Raspberry Sherbet**

1—PINEAPPLE SHERBET: Substitute 1 pint of crushed pineapple for the peaches, also substitute 1 teaspoon of Bee Brand Pineapple Flavor for the Peach Flavor.

2—BANANA SHERBET: Substitute 2 cups of crushed bananas for the peaches, also substitute 1 teaspoon of Bee Brand Banana Flavor for the Peach Flavor.

3—RED RASPBERRY SHERBET: Substitute 2 cups of crushed red raspberries for the peaches, also substitute 1 teaspoon of Bee Brand Raspberry Flavor for the Peach Flavor.

BLACK WALNUT PARFAIT

2 eggs
1 pint whipping cream
½ cup powdered sugar
½ teaspoon Bee Brand Black Walnut Flavor

Beat egg yolks well and add the powdered sugar together with ½ of the cream. Heat in a double boiler until smooth and thick like a thin custard. Remove from fire and add Black Walnut Flavor. Chill mixture and then fold in the remaining cream (whipped) together with the egg whites (beaten stiff). Freeze.

NOTE: This recipe can be used very successfully in an iceless refrigerator.

BEE BRAND VARIATIONS { **Marshmallow Parfait** / **Maple Parfait** / **Cherry Parfait**

1—MARSHMALLOW PARFAIT: Add 1 cup of diced marshmallows to the custard mixture. Substitute 1 teaspoon of Bee Brand Vanilla Extract for the Black Walnut Flavor and add ½ cup of chopped nut meats with the whipped cream.

2—MAPLE PARFAIT: Substitute ½ teaspoon of Bee Brand Maple Flavor for the Black Walnut.

3—CHERRY PARFAIT: Substitute ½ teaspoon of Bee Brand Cherry Flavor for the Black Walnut Flavor and fold in 1 cup of diced maraschino cherries with the whipped cream.

BEE BRAND BLACK WALNUT
New and Different—"The Real Black Walnut Flavor"

ICE CREAM

ORANGE ICE

1 cup sugar
2 cups water
1 teaspoon Bee Brand Gelatine
1 tablespoon cold water
2 cups orange juice
2 tablespoons lemon juice
1 teaspoon Bee Brand Lemon Extract
1 teaspoon Bee Brand Orange Extract
6 drops Bee Brand Yellow Pure Food Color
3 drops Bee Brand Red Pure Food Color

Make a syrup of the sugar and water and boil for five minutes. Remove from fire and add the Gelatine, which has previously been softened in cold water. Stir until the Gelatine is entirely dissolved and then add the strained fruit juices, together with the Flavoring Extracts and Pure Food Colors.

If using a mechanical refrigerator, the ice should be stirred three times at half hour intervals after it has begun to freeze. When almost frozen place the mixture in a chilled bowl and beat with a Dover egg beater; then return to tray and complete the freezing.

MAPLE ICE CREAM

1 pint milk (scalded)
1 tablespoon flour
1¼ cups sugar
⅛ teaspoon salt
1 egg
1 quart thin cream
2 teaspoons Bee Brand Maple Flavor

Mix the flour, sugar and salt together thoroughly. Beat the egg slightly and add it to the first mixture. Add the scalded milk and cook as a custard in a double boiler until the mixture will coat a spoon. Allow mixture to cool, add cream and Bee Brand Maple Flavor. Strain and freeze.

NOTE: When freezing ice cream, 8 parts of ice should be used with 1 part of salt. This proportion of ice and salt will produce an ice cream which is exceedingly smooth and velvety in texture.

BEE BRAND VARIATIONS { **Pistachio Ice Cream** / **Strawberry Ice Cream** / **Pineapple Ice Cream**

1—PISTACHIO ICE CREAM: Substitute 2 teaspoons of Bee Brand Pistachio Flavor for the Maple Flavor. Also add Bee Brand Green Pure Food Color until the desired tint is attained.

2—STRAWBERRY ICE CREAM: Add 2 cups of crushed strawberries to the mixture after chilling. Substitute 2 teaspoons of Bee Brand Strawberry Flavor for the Maple and add Bee Brand Red Pure Food Color until the desired tint of pink is obtained.

3—PINEAPPLE ICE CREAM: Add 2 cups of shredded Pineapple to the mixture after chilling. Substitute 1 tablespoon of Bee Brand Pineapple Flavor for the Maple.

MINT ICE

1 quart water
2 cups sugar
¾ cup lemon juice
1 teaspoon Bee Brand Mint Extract
Bee Brand Green Pure Food Color

Make a syrup of water and sugar and bring to the boiling point. Remove from flame, add lemon juice, Mint Extract and Green Pure Food Color. Freeze as directed in recipe for Orange Ice.

BEE BRAND LEMON EXTRACT
Use to Secure the True Fresh Lemon Flavor

SALADS

FRENCH DRESSING

½ teaspoon McCormick's D. S. F. Mustard
Dash Bee Brand Black Pepper
¼ teaspoon Banquet Paprika
2 teaspoons sugar
½ teaspoon salt
½ cup salad oil
3 tablespoons vinegar

Mix all dry ingredients thoroughly and add salad oil. Add vinegar and shake vigorously, or beat with a Dover egg beater.

BEE BRAND VARIATIONS { **French Chiffonade** / **Parsley Dressing** / **Tarragon Dressing**

1—FRENCH CHIFFONADE: Add 1 teaspoon of chopped red and green pepper, 1 teaspoon of diced onion, and 1 teaspoon of chopped hard boiled egg to the French Dressing, also add a sprinkle of Bee Brand Nutmeg.

2—PARSLEY DRESSING: Add 1 teaspoon of chopped parsley to the French Dressing, also add a dash of Bee Brand Celery Salt.

3—TARRAGON DRESSING: Substitute 1 tablespoon of Tarragon vinegar for 1 tablespoon of ordinary vinegar. Add a dash of Bee Brand Onion Salt.

EGG SALAD

Eggs
Bee Brand Pure Food Colors
Bee Brand Whole Cloves
Lettuce
Cottage cheese
Bee Brand Mayonnaise
Banquet Paprika

Place eggs in a saucepan of water and boil for 15 minutes. Immediately remove shells, and while holding under a stream of warm water, press each egg into the shape of a crab apple by holding firmly between the thumb and finger. Apply a tint of orange pink with Bee Brand Pure Food Colors. Insert a whole clove to represent the blossom end of the apple and a tiny twig of green leaves to represent the stem end. Arrange on a bed of crisp lettuce with cottage cheese. Serve with Bee Brand Mayonnaise and garnish with Banquet Paprika.

SPICED APPLE SALAD

6 Jonathan Apples
2 cups granulated sugar
1½ cups water
1 teaspoon Bee Brand Cinnamon Extract
15 drops Bee Brand Red Pure Food Colors

Combine sugar, water, Cinnamon Extract and Pure Food Color in a saucepan. Place over fire and bring to the boiling point. Pare and core the apples and place whole in the hot syrup.

Cook apples until they can be pierced with a fork but be careful to remove them before they have lost their shape. Remove apples and continue cooking the cinnamon syrup until the jelly stage is reached. Remove from fire and pour over the apples. Cool.

Arrange individual salads by placing each apple on cup shaped crispy lettuce. Serve with Bee Brand Mayonnaise.

BANQUET PAPRIKA
The Artistic Spice that Adds "That Finishing Touch"

SANDWICHES

MUSTARD BUTTER SANDWICHES

⅓ cup butter
1 tablespoon chopped parsley
1 tablespoon McCormick's Pure Prepared Mustard
Cheese

Cream butter thoroughly and mix in the chopped parsley, together with McCormick's "English Style" Mustard (Prepared).

Cut thin slices of sandwich bread, shape with a sandwich cutter and spread with the Mustard Butter. Use any favorite cheese as a sandwich filling.

BEE BRAND VARIATIONS { **McCormick's Special Sandwich** / **Picnic Delights** / **Lenten Sandwiches**

1—McCormick's Special Sandwich: Toast bread and spread with Mustard Butter. Lay a slice of American cheese on one slice of toast. Cover with thin slices of tomato and sprinkle with salt and Bee Brand Black Pepper. Place a second slice of toast on the tomato and cover with crisp slices of bacon and a fresh crispy lettuce leaf. Add a third slice of toast butter side down; cut sandwich diagonally and serve at once.

2—Picnic Delights: Spread bread with Mustard Butter and use thin slices of cold boiled ham for a sandwich filling. Note: Cold roast beef or other meat sandwiches are delicious when made in this way.

3—Lenten Sandwiches: Spread dainty slices of bread with the Mustard Butter. Spread with a sandwich mixture of ½ cup of chopped hard boiled eggs, 1 tablespoon of diced stuffed olives and 2 tablespoons of Bee Brand Mayonnaise. Cut sandwiches in triangular shape and garnish sandwich plate with watercress or parsley.

ROLLED SANDWICHES

Fresh sandwich loaf
Butter
Cream cheese
Salt
Bee Brand Mayonnaise
Bee Brand Pure Food Colors

Remove crusts from a fresh loaf of sandwich bread and cut entire loaf in thin slices lengthwise. Butter each long slice and then spread one-half of each slice with a filling made of cream cheese moistened with Bee Brand Mayonnaise and colored a delicate green with Bee Brand Pure Food Color. Spread the other half with the moistened cheese which has been tinted with orange (use a mixture of Yellow and Red Pure Food Colors to obtain the desired Orange color). Roll the slice up like a jelly roll and cut into very thin slices for serving.

BEE BRAND VARIATIONS { **Rosen Sandwiches** / **Olive Nut Sandwiches** / **Afternoon Teas**

1—Rosen Sandwiches: Substitute ½ teaspoon of Banquet Paprika for the Green Pure Food Color, also substitute 1 tablespoon of chopped parsley for the Orange Pure Food Color. Proceed as directed above.

2—Olive Nut Sandwiches: Leave out the Pure Food Color and add a mixture of chopped olives and nuts to the cheese mixture. Add ½ teaspoon of Banquet Paprika also.

3—Afternoon Teas: Prepare a mixture of 2 parts of confectioners' sugar and 1 part of Bee Brand Cinnamon. Sprinkle this on the long slices of sandwich bread in place of the cheese mixture. Roll, cut in thin slices and toast to a delicate brown, just before serving.

BEE BRAND MAYONNAISE
Wholesome—Pure—Delicious

PICKLES

MIXED PICKLE

1 bunch diced celery
1 quart cucumbers (2 inches long)
1 quart green string beans (cut diagonally in 1 inch slices)
1 small head cauliflower (broken in small flowerets)
1 quart small pickling onions
3 cups brown sugar
1 teaspoon salt
1 teaspoon Bee Brand Cinnamon Extract
2½ quarts vinegar
2 tablespoons Bee Brand Mixed Pickle Spice

Soak vegetables in brine (1 cup salt to one gallon water), over night. Drain, and soak in clear water for three hours. Add sugar, salt, and Cinnamon Extract to the vinegar. Put the Mixed Pickle Spice in a small cheese-cloth bag and place it in the vinegar also. Add the vegetables and simmer until they are tender. Pack immediately in hot sterilized jars and seal.

PICKLED BEETS

½ peck baby beets
1 quart vinegar
2 cups granulated sugar
1 tablespoon Bee Brand Cinnamon
1 teaspoon Bee Brand Allspice
1 tablespoon Bee Brand Mustard Seed
2 teaspoons Bee Brand Cloves
1 teaspoon salt

Make a syrup of the vinegar, sugar and Bee Brand Spices. Boil one minute and add the cooked beets to this mixture. Simmer 20 minutes and pack in hot sterilized jars immediately.

CHILI SAUCE

1 gallon tomatoes
6 tart apples (cored)
2 onions
½ cup brown sugar
2 cups vinegar
1 tablespoon salt
2 teaspoons Bee Brand Cloves (ground)
1 tablespoon Bee Brand Ground Cinnamon
1 tablespoon Bee Brand Allspice
1 teaspoon Bee Brand Nutmeg
1 teaspoon Bee Brand Celery Seed
1 teaspoon Bee Brand Mustard Seed
1 teaspoon Banquet Paprika

Peel and chop tomatoes, apples and onions. Mix with the sugar, vinegar, salt and spices.

Cook slowly, stirring frequently, until the mixture thickens. Seal in hot sterilized jars.

BEE BRAND MIXED PICKLE SPICE
Carefully Selected Spices, Scientifically Blended—Ready to Use

RELISH

MUSTARD PICKLES

1 quart cucumbers (2 inches long)
1 pint pickling onions
1 small head cauliflower (separated into flowerets)
1 quart sliced cucumbers
1 quart green tomatoes (sliced)
1 pint sliced green peppers
¾ cup brown sugar
½ cup flour
½ teaspoon salt
3 tablespoons McCormick's D. S. F. Mustard
½ tablespoon Bee Brand Turmeric
1 tablespoon Bee Brand Celery Seed
3 cups vinegar
1 cup water

Select only prime, tender vegetables. Prepare and soak in brine (one cup salt to one gallon water) over night. Drain and simmer in clear water until the vegetables are tender.

Make a Mustard dressing by mixing the sugar, flour, salt and spices thoroughly, then add the vinegar and water. Stir to a smooth paste and cook the mixture in a double boiler until the sauce thickens. Drain vegetables and pour the Mustard Dressing over them. Simmer for five minutes and pack in hot sterilized jars. Seal.

SLICED CUCUMBER RINGS

8 large cucumbers (green)
2 ounces Bee Brand Stick Cinnamon
1 ounce Bee Brand Whole Cloves
3 pounds brown sugar
½ teaspoon salt
1 quart vinegar

Slice cucumbers in ¼ inch slices without paring. Scald in salted water (2 tablespoons salt to one quart water). Drain and simmer in clear water until the cucumbers are tender but firm. Drain again. Place all spices in a cheese-cloth bag and add these with the sugar and salt to the vinegar. Boil this mixture for five minutes, then pour it over the cucumber rings. Pack in sterilized jars and seal.

PICKLED PEACHES

1 peck small peaches
2 quarts vinegar
6 lbs. brown sugar
4 teaspoons Bee Brand Mace
1 tablespoon Bee Brand Stick Cinnamon (broken in small pieces)
4 tablespoons Bee Brand Whole Cloves

Peel the peaches and stud with Bee Brand Whole Cloves. Make a syrup of vinegar, sugar, Bee Brand Mace and Bee Brand Cinnamon. Add the peaches and boil until tender. Pack in hot sterilized jars, cover with syrup and seal.

McCORMICK'S DOUBLE SUPERFINE MUSTARD
Best for Table—Kitchen and Medicinal Uses

BEVERAGES

HOW TO MAKE TEA THE BANQUET WAY

1—Rinse Teapot with boiling water.

2—Allow one teaspoonful of tea for each cup. Then add one extra teaspoon for good measure.

3—Place the tea leaves in the earthenware percolator of the teapot.

4—Pour freshly boiling water over tea leaves.

5—Allow the tea to steep for 3 to 5 minutes, according to strength desired.

6—Remove the percolator containing the leaves, and the tea is ready to serve. (See illustration.)

ICED TEA

1—Cool the original hot tea infusion as quickly as possible by pouring it over a generous supply of chipped ice. Serve immediately.

2—Dainty, thin slices of lemon or quarter slices of orange, candied or maraschino cherries, preserved ginger, a small triangle of pineapple or even a sprig of mint may be served with either hot or iced tea.

USES FOR TEA

1—Tea is used extensively as a hot beverage for luncheon or informal dinners; many people in this country, as well as abroad, are adopting its use for breakfast also.

2—Many hostesses show a real hospitality by serving afternoon tea to the chance guest or caller; the family enjoy it too.

3—Invalids always welcome the refreshing qualities of "a cup of tea."

4—The custom of serving "Three O'clock Tea" to employees of offices, stores and manufacturing plants is rapidly growing.

5—Tea, the year 'round beverage, is used in the form of deliciously cooling Iced Tea on hot summer days.

6—Tea is a "man's drink" and its use is becoming increasingly popular among athletes and those who undergo physical exposure, as well as among business men.

7—Many of the finest recipes for fruit punch name cold tea as one of the ingredients. The flavor of the tea blends with that of the fruit juices and many delightful cold drinks are produced.

8—Aside from water, Tea is the most economical drink known; 300 to 350 cups of this beverage can be obtained from one pound of Tea.

BANQUET ORANGE PEKOE TEA
Extra Fancy—"A Wonderful Flavor"

BEVERAGES

SOME POINTS TO OBSERVE IN MAKING TEA

1—Use absolutely fresh water. Water which has been boiled and reboiled very often tastes flat. Therefore, one should never fail to empty the tea-kettle and refill it with fresh water just before the tea making process is begun.

2—Be sure that the water is actually boiling when the tea is made. Remember, too, that boiling means bubbling vigorously. Tea made with water below the boiling point in temperature loses much of its delicious flavor.

3—Use only an earthenware or glass teapot. Tea absorbs metallic flavors which detract from the delicate aroma and flavor of high grade tea.

4—Allow the tea to steep not longer than 3 to 5 minutes and never allow it to boil.

5—A tea cozy (a quilted cover which fits over the entire teapot) may be used to keep the tea hot during the service of a meal.

BANQUET BRAND TEA PUNCH

3 cups Banquet Orange Pekoe Tea Infusion
1½ cups Spiced Syrup
¾ cup lemon juice

Pour warm or hot tea over ice, add spiced syrup and lemon juice. Mix thoroughly and serve.

SPICED SYRUP

2 cups sugar
1 cup water
3 teaspoons Bee Brand Whole Cloves
6 teaspoons Bee Brand Stick Cinnamon

Bring sugar and water to the boiling point and boil one minute. Remove from fire and add spices. Cover and allow to cool. Strain and remove Spices before using.

BEE BRAND VARIATIONS { **Banquet Brand Bridge Favorite** / **Ginger Ale Punch** / **Orange Spice**

1—BANQUET BRAND BRIDGE FAVORITE: Reduce the lemon juice to ½ cup and add 1½ cups of grape juice to the recipe as given above.

2—GINGER ALE PUNCH: Reduce the lemon juice to ½ cup and add 1 pint of ginger ale just before serving.

3—ORANGE SPICE: Add 1 cup of orange juice to the recipe as given above.

BANQUET TEAS
Packed in All Tin—Air-tight Canisters—to preserve that "Wonderful Flavor"

THE MODERN ART OF COLORING IN FOODS

SUGGESTIONS FOR NEW USES OF BEE BRAND EXTRACTS AND PURE FOOD COLORS

1—The addition of a few drops of Bee Brand Orange, Lemon or Mint Extract to favorite recipes for fruit punch will add a delicate and delicious flavor to these cool and refreshing summer drinks.

2—Bee Brand Pure Food Colors may be used for coloring ice cubes which are to be served in cold fruit drinks of all types. For variety, a small sprig of mint or a maraschino cherry may be frozen in the center of each colored cube.

3—The "finishing touch" is added to the service of finger bowls if the water is tinted slightly with Bee Brand Pure Food Color and if a drop or two of Bee Brand Rose Extract are added for fragrance.

4—To color Easter Eggs with Bee Brand Pure Food Colors, simply add the contents of one vial of color to one-half cup of hot water. Boil the eggs for ten minutes, then place the hot egg in the hot colored water and allow to stand until the desired intensity of color has been obtained.

5—Tinted cream cheese is artistically different and yet most appetizing when used as a garnish for salads or in rolled sandwiches.

6—Both shredded cocoanut and granulated sugar will be quite transformed in appearance if they are tinted slightly with Bee Brand Pure Food Colors. Use as a garnish for sugar cookies or afternoon tea cakes of all varieties.

7—Dainty desserts are made doubly attractive by topping them off with whipped cream which has been delicately tinted with any one of the varieties of Bee Brand Pure Food Colors.

8—Canning time offers unique and interesting possibilities in connection with Bee Brand Pure Food Colors. Add a tint of color to the syrup in which the fruits are being cooked. These colored fruits can then be used in carrying out all types of color schemes for fancy desserts and salads throughout the year.

9—Many unusual and delicious new flavors may be developed by using combinations of the old and

more familiar ones. Bee Brand Lemon and Almond, Bee Brand Black Walnut and Vanilla, Bee Brand Lemon and Orange, and Bee Brand Almond and Vanilla may all be combined in this way.

10—Sugar Cubes may be colored to match any Afternoon Tea color scheme. Simply place a few drops of Bee Brand Pure Food Color in 2 tablespoons of cold water. Drop a small amount of colored water on the sugar cube with a color dropper.

11—Banquet Paprika will add a spicy sparkle all its own when used as a garnish on sandwich fillings, macaroni, salads and rice dishes, as well as on potatoes which may be prepared in a large variety of ways.

12—Whipped gelatine and Bavarian Creams may be attractively colored to fit any color scheme by the addition of a few drops of Bee Brand Pure Food Color.

13—Canned raspberries, strawberries or cherries will never have a faded appearance if their red color is enhanced by the addition of a few drops of Bee Brand Red Pure Food Color.

14—A small amount of Bee Brand Rum Flavor may be added to any favorite recipe for Banquet Tea Punch or to fruit drinks.

15—Fresh flowers will assume very attractive color tints if they are placed in any of the Bee Brand Pure Food Colors for a few hours before they are to be used.

16—Bee Brand Pure Food Colors are ideal for coloring fancy cake frostings. Add a few drops of Pure Food Color just before placing the frosting on the cake. Should more than one color be necessary in decorating the cake, divide the frosting and color each portion according to the color scheme to be worked out.

17—Home made candies may be made deliciously professional in appearance by tinting them slightly with Bee Brand Pure Food Colors.

18—Kiddies will drink milk with fresh zest and enjoyment if it is "dressed up" for them by the addition of a few drops of Bee Brand Vanilla Extract and a small amount of sugar.

MISCELLANEOUS

LAMB CHOPS—ENGLISH STYLE

Lamb Chops

McCormick's Pure Prepared Mustard

Select thick, tender chops weighing about ¼ pound each. Spread with McCormick's "English Style" Mustard (Prepared) and roll in buttered cracker crumbs. Broil, garnish with watercress and serve.

CHICKEN CURRY

½ cup butter
1—3 lb. chicken
2 onions
1 tablespoon Bee Brand Curry Powder
1 teaspoon vinegar
1 teaspoon salt
2 tablespoons flour
¼ cup cold water

Melt butter in a hot frying pan. Then add the chicken which has been cut into pieces ready for serving. Cook twenty minutes. Cut onions into thin slices and add to chicken with Bee Brand Curry Powder, vinegar and salt. Cover with boiling water and simmer until chicken is tender. Remove chicken, and thicken gravy with a flour paste. Pour gravy over chicken and serve with boiled rice.

BEE BRAND CHILI CON CARNE

3 tablespoons butter
1 large onion (diced)
1 pound ground beef
1 small can tomato soup
1 No. 2 can kidney beans
1 tablespoon Bee Brand Chili Powder
1 tablespoon flour
¼ cup cold water
¾ teaspoon salt

Melt butter in frying pan. Add diced onion together with the ground beef, and brown. Pour the tomato soup and the kidney beans over the meat and cook 20 minutes. Make a paste of the Bee Brand Chili Powder, flour and water and stir into the mixture. Add salt and cook slowly for 30 minutes.

BEE BRAND BLACK PEPPER
Unquestionably Different

RECIPES

ROOT BEER

4 pounds sugar
5 gallons water (lukewarm)
1 bottle Bee Brand Root Beer Extract
½ cake Fleischmann's yeast

Dissolve the sugar in the water, add the Root Beer Extract and then add the yeast. Mix thoroughly and bottle. Cork securely.

CAUTION: Use only fresh yeast. After the Root Beer is bottled, allow it to stand in a warm place for 5 or 6 hours, to avoid any preliminary chilling. Then store in a cool place for several days.

MINT JELLY

1½ cups water
6½ cups sugar
1 cup vinegar
1 bottle Certo
1 teaspoon Bee Brand Mint Extract
1½ teaspoons Bee Brand Lemon Extract
Bee Brand Green Pure Food Color

Mix water, sugar and vinegar and bring to a vigorous boil. Add Certo at once and boil ½ minute, stirring constantly. Remove from fire and add the Bee Brand Mint and Lemon Extracts together with the Green Pure Food Color. Stir well and let stand one minute. Then skim and pour immediately into hot sterilized jelly glasses. Seal with paraffin.

NOTE: Bee Brand Mint Jelly is a delicious accompaniment for hot or cold roast lamb or for lamb chops.

SPICED CRANBERRY JELLY

4 cups cranberries
2 cups water
5 teaspoons Bee Brand Whole Cloves
5 teaspoons Bee Brand Allspice
2 teaspoons Bee Brand Cinnamon
1 teaspoon Bee Brand Mace
1½ cups sugar

Add water to the cranberries. Place all Spices in a small cheese cloth bag and add to the cranberries. Cook together until the berries have burst. Remove Spices and rub the cranberries through a sieve or strainer. Add 1½ cups of sugar to the cranberry pulp and cook again until a jelly consistency is reached.

NOTE: If the jelly is placed in very small jelly glasses it can be turned out and served on the bread and butter plates; this adds a touch of color which is always most attractive.

BEE BRAND MINT EXTRACT
For Jellies, Mint Sauce, Cooling Drinks and Ices

BAKING TEMPERATURES

Kind of Food	*Temperature*	*Time*
BISCUITS		
Baking Powder	450° F.	12-15 minutes
Raised	400°-425° F.	20 minutes
BREADS		
White	375° F.	60 minutes
Corn	400° F.	20-25 minutes
Muffins	400° F.	25 minutes
Popovers	450° F. and then 350° F.	30 minutes and then 15 minutes
Nut	350° F.	45 min.-1 hr.
CAKES		
Angel	320° F.	1 hr.
Small Fruit	325° F.	1¼ hrs.
Large Fruit	275° F.	Steam 3 to 4 hrs. Bake 1 hr.
Gingerbread	325° F.	35 minutes
Cup	375° F.	30 minutes
Loaf	350° F.	45 minutes
Layer	375° F.	20 minutes
Pound	350° F.	1 to 1¼ hrs.
Sponge	320° F.	1 hr.
Tea Cakes	365° F.	12 to15 minutes
COOKIES		
Drop Bran	425° F.	12 minutes
Filled	450° F.	11 minutes
Ginger Snaps	350° F.	7 minutes
Macaroons	350° F.	20 minutes
Rolled Vanilla	450° F.	10 minutes
Soft Molasses	375° F.	18 minutes
CREAM PUFFS AND ECLAIRS	400° F.	35 minutes
CUSTARDS	325° F.	40 minutes
MEATS AND FISH		
Meat Loaf	400° F.	45 minutes
Meat Pie	450° F.	30 minutes
Meat Casserole	350° F.	2½ to 3 hrs.
Fish	425° to 450° F.	20 to 60 minutes
Sliced Ham	450° F.	20 minutes
PIES		
Meringue	300° F.	15 minutes
Double Crust—having raw filling	450° F.	40 minutes—reduce heat slightly during last 10 minutes
Custard-Pumpkin or similar open pies	450° F. and then 325° F.	10 minutes and then 30 minutes
Pie Shells	500° F.	12 minutes
Puff Pastry	500° F.	12 minutes
Turnovers	450° F.	15 minutes
Souffles	375° F.	20 to 30 minutes

DEEP FAT FRYING TEMPERATURES

Kind of Food	*Temperature*	*Time*
CROQUETTES		
Fish Balls and all previously cooked food	390° F.	Until brown
DOUGHNUTS		
Fritters and all raw dough mixtures	360°-370° F.	Until brown
FRENCH FRIED POTATOES	395° F.	About 4½ minutes
FISH AND MEAT		
Small and Medium sized fish	390° F.	3 minutes
Steaks and Fillets of larger fish	375° F.	4 minutes
Oysters and Soft Clams	390° F.	1 minute
Scallops	360° F.	2 minutes
Veal Cutlets	400° F.	3 minutes

The above table is an excerpt from the Good Housekeeping Institute Cooking Time and Temperature Chart repeated through their courtesy.

RANGE OF OVEN TEMPERATURES

Slow Oven	250°-350° F.
Medium Oven	350°-400° F.
Hot Oven	400°-450° F.
Very Hot Oven	450°-500° F.

TABLE OF WEIGHTS AND MEASURES

3 teaspoons—1 tablespoon
16 tablespoons—1 cup
2 cups—1 pint
2 pints—1 quart
2 cups granulated sugar—1 pound
4 cups of flour sifted—1 pound
2 cups butter or other shortening—1 pound
2⅔ cups powdered sugar—1 pound
2⅔ cups brown sugar—1 pound
9 large eggs—1 pound
1 square of Baker's Chocolate—1 ounce

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In Conclusion

To meet the demand for a small cook book with recipes especially adapted to the requirements of modern cookery, we prepared "FLAVOR AND SPICE."

The flavor used in cooking goes a long way toward insuring satisfactory results, and as its cost is not more than two per cent. of the total, you will find it much cheaper to buy the best —not only pure but with full strength and *fine bouquet.*

If you insist on BEE and BANQUET BRAND Flavors and Spices when ordering—you will find them unequalled. Our raw materials are gathered from the four quarters of the world—they are cleaned and ground in the most scientific manner, and packed in such a way that they can be kept, with little or no deterioration, until used.

Always buy Spices, Teas or Flavoring Extracts in packages under the manufacturer's name only. He must protect his trademark and his name to keep his trade. He will keep up his quality. The *Pure Food Law* guarantees purity but contains no provision about quality. There is a vast difference between the two. Everything that grows is pure—fruits, spices, vanilla beans, etc., but notwithstanding they comply with the Pure Food Law —some are worth 100 to 500% more than others.

If your grocer cannot supply you, send us his name and address and we will try to have him stock our products or see that your requirements are filled. The best foods can be prepared only with the best materials.

I hope you will be pleased with this little book and that you will find it very useful.

Yours sincerely,

W. H. McCormick
President

McCORMICK & CO., INC.
BALTIMORE, MD.

Bee Brand

BANQUET BRAND

No. 2246—M005—929

Printed in U. S. A.

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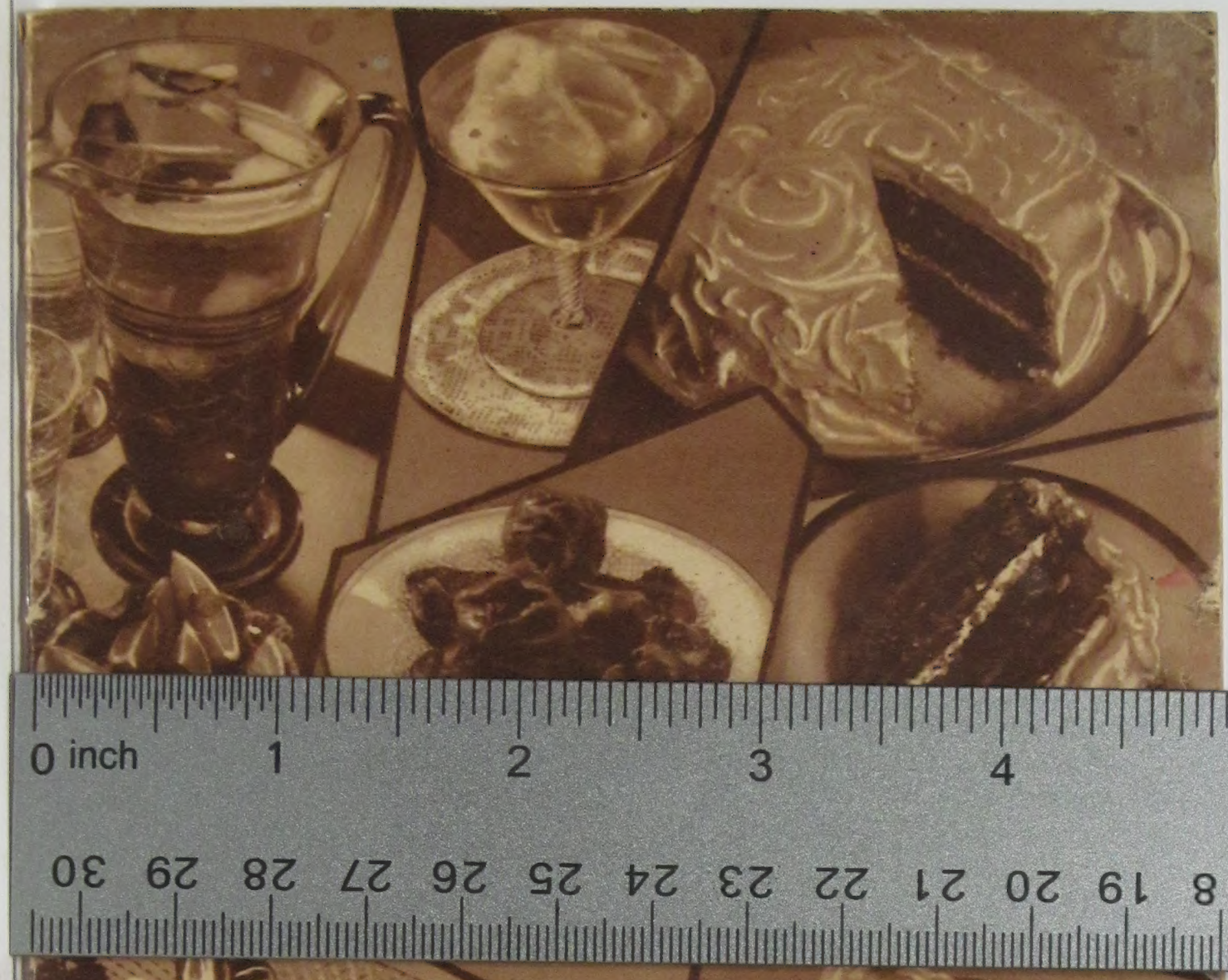

FLAVOR AND SPICE AND ALL THINGS NICE